



**NATIONAL
INSTITUTE ON AGING**



PUBLICATIONS CATALOG



**DEPARTMENT OF HEALTH
& HUMAN SERVICES**

NATIONAL INSTITUTES OF HEALTH
NATIONAL INSTITUTE ON AGING

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A Wealth of Information



To order **FREE** materials from the National Institute on Aging (NIA):

- Mail the order form at the end of this catalog to the NIA Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057
- Call NIA toll-free at 1-800-222-2225 (TTY/toll-free: 1-800-222-4225)
- View and order publications online at **www.nia.nih.gov/HealthInformation**

NIA's Alzheimer's Disease Education and Referral (ADEAR) Center is a comprehensive source of information about Alzheimer's disease and age-related cognitive changes.

- Call toll-free at 1-800-438-4380
- View and order publications online at **www.nia.nih.gov/Alzheimers**

Accurate, up-to-date information in Spanish on health issues of interest to seniors is available at **www.nia.nih.gov/Espanol**. The website offers FREE publications and links to other health-related Spanish-language websites.

Visit **www.NIHSeniorHealth.gov**, a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health information for older adults and special features that make it simple to use.

Go to **www.nia.nih.gov/HealthInformation/Publications** to sign up for FREE email alerts about new publications and other information from NIA.



General Aging Information

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NIA Publications Catalog

A complete list of publications offered by the National Institute on Aging (NIA). **FREE**

Can We Prevent Aging?

This 8-page tip sheet gives an overview of what we know about hormone supplements and calorie restriction. **FREE**

Clinical Trials and Older People

What is a clinical trial?
How do you know if a clinical trial is right for you? This 6-page publication answers these questions, discusses patient safety, and includes a definition of important words to know. **FREE**



Exercise and Physical Activity Your Everyday Guide from the National Institute on Aging

Get moving! This popular 120-page guide describes the benefits of exercise and physical activity for older people. Learn how to set exercise goals and stick to them. Includes sample exercises for endurance, strength, balance, and flexibility plus worksheets to track activities and a list of resources. **FREE**



Healthy Aging Lessons from the Baltimore Longitudinal Study of Aging

Based on findings from the first 50 years of the Baltimore Longitudinal Study of Aging and other NIA research, this booklet addresses how aging research has changed over time and shares some of what has been learned about aging well. **FREE**



Hormones and Menopause

Get up-to-date information about the risks and benefits of menopausal hormone therapy from this tip sheet. **FREE**



Menopause Time for a Change

What can a woman expect before, during, and after her last period? This 37-page booklet discusses menopause, hot flashes, and other menopausal symptoms. Also includes what women can do to stay healthy after menopause. **FREE**

Participating in Activities You Enjoy More Than Just Fun and Games

This 4-page tip sheet for older adults outlines the possible health benefits of taking part in social and volunteer activities. A list of resources is included. **FREE**

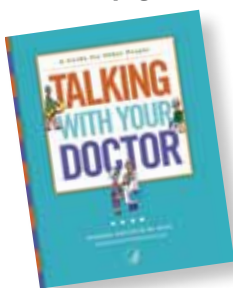
Saving for Retirement **What Do You Know?**

This 24-page booklet uses short stories to illustrate common retirement-saving challenges faced by adults 40 and older. The question-and-answer format tests readers' knowledge and provides detailed answers. **FREE**



Talking With Your Doctor **A Guide for Older People**

This 44-page booklet is full of ideas to foster good communication between older people and their doctors. Using colorful illustrations and a conversational tone, the booklet offers many helpful tips on topics like discussing sensitive issues and coordinating help from friends and family. **FREE**



Understanding Risk **What Do Those Headlines Really Mean?**

You hear news reports about research findings all the time. How can you make sense of what they mean? This tip sheet outlines different kinds of research studies and the ways research results are reported. It includes questions to ask about medical findings. **FREE**

What's Your Aging IQ?

This booklet invites readers to check out how much they know about aging. A series of short stories is accompanied by test questions. Fill in the answer sheet or take the quiz online. What you discover may surprise you! **FREE**

Easy-to-Read Booklets

Older Adults and Alcohol You Can Get Help

Using checklists, questions and answers, and personal stories, this booklet offers help for older adults thinking about their drinking. There is also a special section for family, friends, and caregivers. **FREE**



Safe Use of Medicines

This 13-page booklet offers personal stories and question-and-answer sections, with practical tips to help older people take their medicines safely. **ONLINE ONLY:** www.nia.nih.gov/HealthInformation/Publications/SafeUseMeds

Stay Safe in Cold Weather!

Learn about hypothermia (a dangerous drop in body temperature) and how it affects older people. This 12-page booklet offers many tips for staying safe in cold weather. **FREE**

Understanding Alzheimer's Disease

This 12-page booklet answers basic questions about Alzheimer's disease. It also discusses the signs of Alzheimer's, why it is important to see your doctor early, and how to get help if you or someone you know is worried about Alzheimer's disease. **FREE**

Understanding Memory Loss

Get answers to some basic questions about memory loss. This 16-page booklet discusses the difference between mild forgetfulness and more serious memory problems, medical causes of memory problems and how they can be treated, and how to cope with serious memory loss. **FREE**

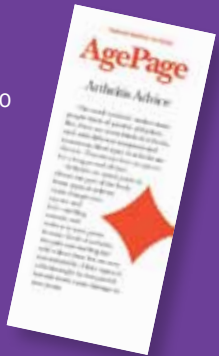
AgePages



NIA's **AgePages** provide information about topics of interest to older adults and caregivers. Each fact sheet contains an overview of the subject and resources for more information. **FREE**

Diseases/Conditions

- Arthritis Advice
- Cancer Facts for People Over 50
- Depression
- Diabetes in Older People—A Disease You Can Manage
- Forgetfulness: Knowing When to Ask for Help
- High Blood Pressure
- HIV, AIDS, and Older People
- Osteoporosis: The Bone Thief
- Prostate Problems
- Shingles
- Stroke
- Urinary Incontinence



Planning for Later Years

- Getting Your Affairs in Order
- Nursing Homes: Making the Right Choice

Safety

- Crime and Older People
- Falls and Fractures
- Medicines: Use Them Safely
- Older Drivers
- Online Health Information: Can You Trust It?



Health Promotion/Disease Prevention

- A Good Night's Sleep
- Aging and Your Eyes
- Alcohol Use in Older People
- Concerned About Constipation?
- Dietary Supplements
- Exercise and Physical Activity: Getting Fit for Life
- Flu—Get the Shot
- Foot Care
- Healthy Eating After 50
- Hearing Loss
- Hyperthermia: Too Hot for Your Health
- Hypothermia: A Cold Weather Hazard
- Menopause
- Mourning the Death of a Spouse
- Sexuality in Later Life
- Shots for Safety
- Skin Care and Aging
- Smell and Taste: Spice of Life
- Smoking: It's Never Too Late to Stop
- Taking Care of Your Teeth and Mouth



Medical Care

- Beware of Health Scams
- Choosing a Doctor
- Considering Surgery?
- Hospital Hints



Information About Alzheimer's Disease

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Alzheimer's Disease Fact Sheet

This fact sheet provides basic information about Alzheimer's disease and its symptoms, diagnosis, and treatment options. **FREE**



Alzheimer's Disease Genetics Fact Sheet

The basics of Alzheimer's disease genetics are discussed in this fact sheet. Includes an overview of Alzheimer's genetics research. **FREE**

Alzheimer's Disease Medications Fact Sheet

This fact sheet describes FDA-approved treatments for Alzheimer's disease and summarizes recommended dosages and common side effects. **FREE**

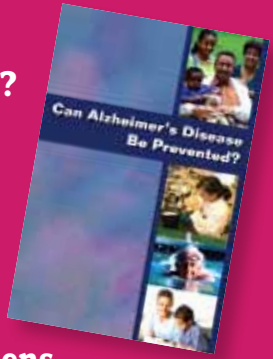
Alzheimer's Disease Unraveling the Mystery

An essential primer on Alzheimer's disease, this 80-page publication describes how the brain works and how it changes with age in healthy people and people with the disease. It summarizes the latest research on causes, diagnosis, caregiver support, and the search for prevention strategies and new treatments. Also includes full-color illustrations, a glossary, and a list of resources. **FREE**



Can Alzheimer's Disease Be Prevented?

Research on preventing Alzheimer's as well as risk factors for the disease are discussed in this 32-page booklet. **FREE**



Hospitalization Happens

A Guide to Hospital Visits for Individuals with Memory Loss

A trip to the hospital can be stressful for people with memory loss and their caregivers. This 18-page booklet helps older adults and their family members prepare for emergency and planned hospital stays. It includes tips on packing an emergency bag, working with hospital staff, and more. **FREE**

Legal and Financial Planning for People with Alzheimer's Disease

Many people are unprepared to deal with the legal and financial consequences of Alzheimer's. This fact sheet provides an overview of a variety of helpful planning documents. It also includes resources for more information. **FREE**

*"I have a free referral center;
'So Far Away' and
'Caring for a Person with
Alzheimer's Disease' are
WONDERFUL for our clients.
Please let me know how I
can get more copies of these
fantastic publications!"*

Information About Alzheimer's Disease

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Participating in Alzheimer's Disease Clinical Trials and Studies Fact Sheet



Learn about Alzheimer's disease clinical research and how to get involved. This 8-page fact sheet explains how scientists conduct clinical trials and studies and discusses the benefits of volunteering. **FREE**

Progress Report on Alzheimer's Disease

NIA is the lead Federal agency conducting research into the causes, diagnosis, treatment, and prevention of Alzheimer's disease. This report presents current research findings on the disease and summarizes results from ongoing clinical studies. **FREE**

What Happens Next?

A Booklet About Being Diagnosed With Alzheimer's Disease or a Related Disorder

This booklet from the Northwestern University Alzheimer's Disease Center offers firsthand views about receiving a diagnosis of dementia, what to expect, how to talk about the disease, and more. It lists organizations that offer materials about dementia, support groups, services, and ways to get involved in research. **FREE**

Caregiving Resources

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Caring for a Person with Alzheimer's Disease

Your Easy-to-Use Guide from the National Institute on Aging

This comprehensive, easy-to-read handbook offers information and advice to help at-home caregivers of people with Alzheimer's cope with daily changes and challenges. The 136-page guide addresses all aspects of care, from bathing and eating to visiting the doctor and getting respite assistance. **FREE**



End of Life

Helping with Comfort and Care

This 68-page guide discusses some key issues surrounding care at the end of life. It includes topics such as finding care, what happens at the time of death, managing grief, and how to document one's own wishes. Resources for more information are provided. **FREE**



Caregiving Resources

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Home Safety for People with Alzheimer's Disease

This 40-page booklet is for in-home caregivers of people who have Alzheimer's or related disorders. It presents room-by-room suggestions on how to create a safer home for both the patient and caregiver. **FREE**



So Far Away

Twenty Questions for Long-Distance Caregivers

Using a question-and-answer format, this 44-page booklet offers information about coordinating care when you live far away. It explores topics such as complex family relationships, legal issues, housing options, and advance directives. **FREE**



There's No Place Like Home—For Growing Old

This tip sheet provides information and resources that can help older adults maintain independence while living at home. **FREE**

Information for Professionals



Connections

This newsletter, published by NIA's Alzheimer's Disease Education and Referral (ADEAR) Center, is for health professionals and caregivers of people with Alzheimer's disease. **ONLINE ONLY:**

www.nia.nih.gov/Alzheimers/ResearchInformation/Newsletter

Links

Minority Research and Training

This newsletter, produced by the NIA Work Group on Minority Aging, features profiles of researchers and key research findings. **ONLINE ONLY:**

www.nia.nih.gov/NewsAndEvents. Click on "Work Group on Minority Aging News."

Making Your Printed Health Materials Senior Friendly

This tip sheet provides suggestions for how to write and design printed materials for older adults. **FREE**

"The experts at our agency felt that NIA had really done the best job of preparing sensitive information in an informative and tasteful way that is easy to understand."

Information for Professionals

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Making Your Website Senior Friendly

Web designers can use these suggestions to tailor websites for older people. An extensive list of research references is included. **FREE**

NIH SeniorHealth Bookmark

Available in bulk quantities, this bookmark highlights the special features of the award-winning senior-friendly website, www.NIHSeniorHealth.gov. **FREE**



Spotlight on Aging Research (SOAR)

News and Notes from the National Institute on Aging

This newsletter features summaries of aging-related research and highlights new publications, funding opportunities, and upcoming events.

ONLINE ONLY :

www.nia.nih.gov/NewsAndEvents/SOAR

Talking With Your Older Patient A Clinician's Handbook



This 61-page guide provides strategies for health professionals to use to communicate effectively with their older patients. It addresses difficult-to-discuss issues, provides practical tips, and lists information resources.

FREE

*“I just finished reading
‘Talking With Your
Older Patient’ and want
to congratulate you
on a most informative,
concise resource!”*



Ways You Might Use NIA's FREE Publications

- Order a single copy for yourself
- Order two copies—one for you, one to share
- Order bulk copies for a health fair, library, or local meeting



Información en español

Information in Spanish

El Instituto Nacional sobre el Envejecimiento tiene muchas publicaciones en español. Por favor seleccione todas las publicaciones que desea ordenar. Nosotros ofrecemos envío gratis solamente a direcciones en los Estados Unidos. No podemos enviar publicaciones fuera de los Estados Unidos.

Vivir Mejor la Tercera Edad (AgePages)

Estos folletos proveen información útil y breve sobre varios temas que afectan a los adultos mayores. Cada uno contiene información de salud basada en investigaciones y también ofrece recursos para obtener más información.



Enfermedades/Condiciones

- Ataque cerebral (**Stroke**)
- Consejos sobre la artritis (**Arthritis**)
- El cuidado de sus dientes y boca (**Teeth**)
- El VIH, el SIDA y las personas mayores (**HIV/AIDS**)
- Incontinencia urinaria (**Urinary Incontinence**)
- Información sobre el cáncer (**Cancer**)
- La depresión: no permita que la depresión persista (**Depression**)
- La diabetes en las personas mayores (**Diabetes**)
- La mala memoria: Reconozca cuándo debe pedir ayuda (**Forgetfulness**)
- Osteoporosis: la usurpadora de los huesos (**Osteoporosis**)
- ¿Preocupados por el estreñimiento? (**Constipation**)
- Presión arterial alta (**High Blood Pressure**)
- Problemas de la próstata (**Prostate Problems**)

Cuidado médico

- Cuidado a largo plazo: escogiendo el lugar correcto (**Long-Term Care**)
- Cuídese de los tratamientos de salud fraudulentos (**Health Quackery**)
- ¿Está considerando hacerse una cirugía? (**Surgery**)
- Selección del médico (**Choosing a Doctor**)

Información en español

Information in Spanish



Promoción de salud/ Prevención de enfermedades

- Caídas y fracturas (**Falls and Fractures**)
- Consejos para dormir bien (**Sleep**)
- Ejercicio y actividad física: en forma de por vida (**Exercise and Physical Activity**)
- El cuidado de los pies (**Foot Care**)
- El envejecimiento y el alcohol (**Alcohol**)
- El envejecimiento y sus ojos (**Eyes**)
- Hipertermia: muy caliente para su salud (**Hyperthermia**)
- Hipotermia: el peligro de las bajas temperaturas (**Hypothermia**)
- La menopausia (**Menopause**)
- La sexualidad en la edad avanzada (**Sexuality**)
- Pérdida de la audición (**Hearing**)
- Qué hacer acerca de la gripe (**Flu**)
- Vacunas para su salud (**Shots**)



Seguridad

- Conductores de la tercera edad (**Older Drivers**)
- El crimen y las personas de la tercera edad (**Crime**)
- Medicamentos: úselos con cuidado (**Medicines**)



Obtenga información de salud en español GRATIS del Instituto Nacional sobre el Envejecimiento.

Para ver una lista completa de las publicaciones, visite: www.nia.nih.gov/Espanol



Guías sobre la enfermedad de Alzheimer

Estas guías informativas proveen muchos consejos útiles.

- Guía de la enfermedad de Alzheimer: La información que usted necesita saber (Alzheimer's Disease Guide)
- Guía para quienes cuidan personas con la enfermedad de Alzheimer (Caregiver Guide)
- Medicamentos para la enfermedad de Alzheimer (Alzheimer's Disease Medications Fact Sheet)



- Protección en el hogar para las personas con la enfermedad de Alzheimer (Home Safety for People with Alzheimer's Disease)



“Thank you for making
your publications available.
The booklets and pamphlets
have made a tremendous
difference to our senior callers.
They say they have learned so
much about certain topics or
illnesses that they may
be dealing with...”

Ordering Information

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- www.nia.nih.gov/Alzheimers
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- www.nia.nih.gov/Espanol
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- **1-800-222-2225** (toll-free), **NIA Information Center**
 - **1-800-438-4380** (toll-free), **ADEAR Center**
 - **1-800-222-4225** (TTY/toll-free)
 - **1-301-589-3014** (Fax)

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General Aging Information

- ___ NIA Publications Catalog
- ___ Can We Prevent Aging?
- ___ Clinical Trials and Older People
- ___ Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging
- ___ Healthy Aging: Lessons from the Baltimore Longitudinal Study of Aging
- ___ Hormones and Menopause
- ___ Menopause: Time for a Change
- ___ Participating in Activities You Enjoy—More Than Just Fun and Games
- ___ Saving for Retirement: What Do You Know?
- ___ Talking With Your Doctor: A Guide for Older People
- ___ Understanding Risk: What Do Those Headlines Really Mean?
- ___ What’s Your Aging IQ?

Easy-to-Read Booklets

- ___ Older Adults and Alcohol: You Can Get Help
- ___ Stay Safe in Cold Weather!
- ___ Understanding Alzheimer’s Disease
- ___ Understanding Memory Loss

AgePages

Diseases/Conditions

- ___ Arthritis Advice
- ___ Cancer Facts for People Over 50
- ___ Depression
- ___ Diabetes in Older People—A Disease You Can Manage
- ___ Forgetfulness: Knowing When to Ask for Help
- ___ High Blood Pressure
- ___ HIV, AIDS, and Older People
- ___ Osteoporosis: The Bone Thief
- ___ Prostate Problems
- ___ Shingles
- ___ Stroke
- ___ Urinary Incontinence

Planning for Later Years

- ___ Getting Your Affairs in Order
- ___ Nursing Homes: Making the Right Choice

Safety

- ___ Crime and Older People
- ___ Falls and Fractures
- ___ Medicines: Use Them Safely
- ___ Older Drivers
- ___ Online Health Information: Can You Trust It?

Health Promotion/Disease Prevention

- ___ A Good Night’s Sleep
- ___ Aging and Your Eyes
- ___ Alcohol Use in Older People
- ___ Concerned About Constipation?
- ___ Dietary Supplements
- ___ Exercise and Physical Activity: Getting Fit for Life
- ___ Flu—Get the Shot
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- ___ Healthy Eating After 50
- ___ Hearing Loss
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- ___ Mourning the Death of a Spouse
- ___ Sexuality in Later Life
- ___ Shots for Safety
- ___ Skin Care and Aging
- ___ Smell and Taste: Spice of Life
- ___ Smoking: It’s Never Too Late to Stop
- ___ Taking Care of Your Teeth and Mouth

Medical Care

- ___ Beware of Health Scams
- ___ Choosing a Doctor
- ___ Considering Surgery?
- ___ Hospital Hints

Additional publications, including Spanish translations, are listed on the other side.

TEAR-OFF ORDER FORM HERE

Information About Alzheimer's Disease

- ___ Alzheimer's Disease Fact Sheet
- ___ Alzheimer's Disease Genetics Fact Sheet
- ___ Alzheimer's Disease Medications Fact Sheet
- ___ Alzheimer's Disease: Unraveling the Mystery
- ___ Can Alzheimer's Disease Be Prevented?
- ___ Hospitalization Happens: A Guide to Hospital Visits for Individuals with Memory Loss
- ___ Legal and Financial Planning for People with Alzheimer's Disease
- ___ Participating in Alzheimer's Disease Clinical Trials and Studies Fact Sheet
- ___ Progress Report on Alzheimer's Disease
- ___ What Happens Next?

Caregiving Resources

- ___ Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging
- ___ End of Life: Helping with Comfort and Care
- ___ Home Safety for People with Alzheimer's Disease
- ___ So Far Away: Twenty Questions for Long-Distance Caregivers
- ___ There's No Place Like Home—For Growing Old

Information for Professionals

- ___ Making Your Printed Health Materials Senior Friendly
- ___ Making Your Website Senior Friendly
- ___ NIHSeniorHealth Bookmark
- ___ Talking With Your Older Patient: A Clinician's Handbook

Información en español (Information in Spanish)

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- ___ Osteoporosis: la usurpadora de los huesos (Osteoporosis)
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- ___ Problemas de la próstata (Prostate Problems)

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- ___ Medicamentos para la enfermedad de Alzheimer (Alzheimer's Disease Medications Fact Sheet)
- ___ Protección en el hogar para las personas con la enfermedad de Alzheimer (Home Safety for People with Alzheimer's Disease)

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